

How to Teach Kindness to Children Activity

Kindness Jar Materials

- Jar and Label
- Cotton balls or red PomPoms

Teach Kindness Jar Approach (School and Home)

- Ask the child what it means to be kind
- Introduce the jar to the child (you can use any jar you have around)
- Explain that you will be adding pompoms/ cotton balls as you notice kind acts throughout the day and weeks
- Come up with a fun celebration once your jar is “full of kindness”
- Explain that you may notice an act of kindness or let the child know that he may also add pompoms/ cotton balls to the jar if he notices kindness. Adjust the rules to whatever works for your situation.
- Continue the discussion at meal/snack time by asking questions such as “*Was someone kind to you today?*” “*Did you help someone today?*” This simple act of asking questions stimulates a child to think about kindness and how it impacted his day for better or for worse.

